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OTC product: NeilMed Saline Nasal Wash

Category: Large-volume, positive-pressure saline nasal irrigation system

Manufacturer: NeilMed Pharmaceuticals

Availability: NeilMed Saline Nasal Wash Kits, which contain a Sinus Rinse bottle and Sinus Rinse mixture packets, can be purchased online (www.neilmed.com) or by phone (877-477-8633) and are available at numerous retail establishments (many of which are listed on the manufacturer's website). Additional Sinus Rinse mixture packets can also be purchased.

Discussion: Three NeilMed Saline Nasal Wash Kits—regular, pediatric, and hypertonic—are available commercially. Both the regular and pediatric kits contain isotonic sodium chloride that has been buffered with sodium bicarbonate. The regular kit contains a Sinus Rinse bottle with a volume capacity of 240 mL and a 4.5-mm nasal opening on the top, and the pediatric kit contains a



smaller Sinus Rinse bottle with a volume capacity of 120 mL and a 2.5-mm nasal opening on the top. As the name implies, the hypertonic kit contains hypertonic sodium chloride that has been buffered with sodium bicarbonate.¹ Generally speaking, hypertonic saline solutions are more likely to be associated with nasal burning or stinging and are reserved for adult patients who have extremely inflamed nasal passages.¹

While some amount of mucus production in the nasal cavity is normal, allergies and sinus infections can cause excessive mucus production and annoying nasal and sinus symptoms. Recent clinical trials have dem-

onstrated the efficacy of nasal saline irrigations in decreasing sinonasal complaints. The benefits derived from nasal saline irrigations are likely the result of a combination of factors, including decreased viscosity of nasal secretions, decreased edema of the nasal mucosa, and removal of debris, bacteria, allergens, and inflammatory mediators.³

Numerous nasal saline delivery devices are available commercially, ranging from simple nasal saline sprays that deliver small amounts (1–2 mL) of saline to sophisticated delivery devices that aerosolize large volumes (>200 mL) of saline under either positive or negative pressures.¹



Data suggest that nasal washes performed with large-volume, positive-pressure devices are more effective than saline sprays.³ Irrigation is more effective than saline spray because it offers greater mucociliary clearance, greater volume, increased delivery pressure, and mechanical debridement.^{2–5}

Remind patients that nasal saline sprays, at best, moisten the nares and only somewhat remove mucus, pollen, and allergens from the nasal passages. Saline irrigations deliver a larger volume of solution with low but adequate pressure, irrigating the sinuses more completely.^{2,5}

Patient information

- This product can be used to irrigate the nasal passages once or twice a day or as directed by a physician.¹
- Irrigate at least 1 hour before bedtime to avoid postnasal dripping.¹
- Warm—not hot—water should be used to fill the Sinus Rinse bottle.¹
- Stop irrigating the nasal passages immediately if pressure in the ears

or an intolerable nasal burning and/or stinging sensation occurs. (Burning and stinging are more common with the hypertonic solution.)¹

- Contraindicated in patients who have completely blocked nasal passages, ear infections, or occluded ear drums.¹
- Avoid using in patients who have reduced comprehension or who are severely debilitated.¹
- Can be used safely in pregnant and lactating women and in children older than 5 years.¹
- After each use, wash the Sinus Rinse bottle (use a few drops of dishwashing detergent) and air-dry.¹
- Store the Sinus Rinse bottle in a cool, dry, and adequately ventilated environment.¹
- Do not store the Sinus Rinse bottle with the top on unless both bottle and top were allowed to air-dry.¹

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